



Routine For: MoveIT! Listserv
Created By: Healthy Utah

Aug 04, 2010
MoveIT! Golf Workout

		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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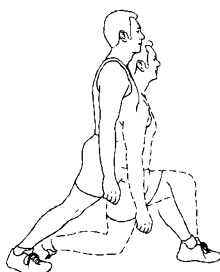
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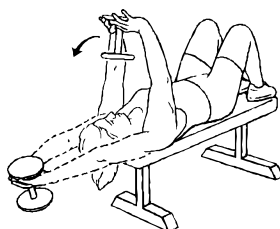
LEGS: GLUTES / THIGHS - Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.

Do 1 sets.
Complete 12 repetitions.



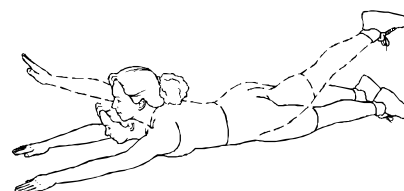
CHEST - Pull-Over: Straight Arms (Dumbbell)



Lower arms until parallel with floor, keeping arms nearly straight.

Do 1 sets. Complete 12 repetitions.

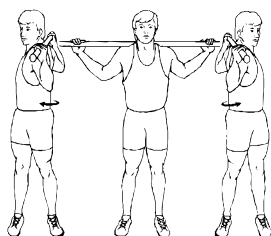
BACK: LOW - Leg / Arm Lift: Alternating



Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

Do 1 sets. Complete 12 repetitions.

ABS - Trunk Twist

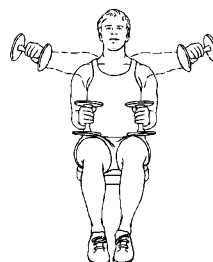


Tighten abdominals and rotate upper body, twisting at waist from one side to the other. Keep back straight.

Do 1 sets. Complete 12 repetitions.

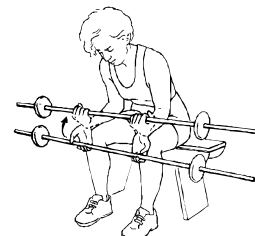
SHOULDERS - Lateral Deltoid Raise: Sitting

Hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do 1 sets.
Complete 12 repetitions.

ARMS: FOREARMS - Wrist Curl: Sitting (Barbell)

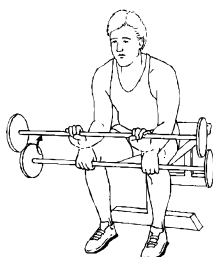


Flex wrists up toward body. Keep forearms on thighs.

Do 1 sets. Complete 12 repetitions.

ARMS: FOREARMS - Wrist Curl: Sitting Reverse Grip (Barbell)

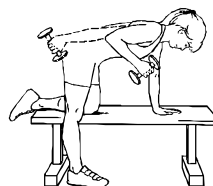
Using reverse grip, extend wrists back toward body. Keep forearms on thighs.



Do 1 sets.
Complete 12 repetitions.

ARMS: TRICEPS - Kickback: Bent Over - Single Arm

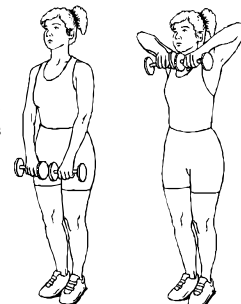
Straighten arm, keeping upper arm in line with body.



Do 1 sets.
Complete 12 repetitions.

BACK: TRAPS - Row: Upright (Dumbbell)

Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.



Do 1 sets.
Complete 12 repetitions.

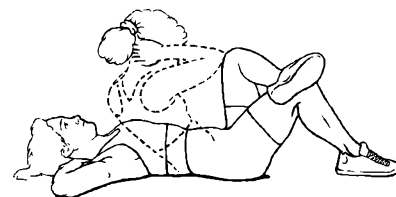
ARMS: FOREARMS - 18 Rotation: Single Arm



Holding forearm with other hand, slowly rotate hand to one side then the other, as far as possible.

Do 1 sets. Complete 12 repetitions.

ABS - Sit-Up: Twist - Bent Leg

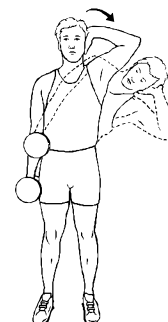


One ankle across other knee, tighten abdominals, twist upper body to touch opposite elbow to knee.

Do 1 sets. Complete 12 repetitions.

ABS - Side Bend (Dumbbell)

Tighten abdominals and bend to side as far as possible.



Do 1 sets.
Complete 12 repetitions.

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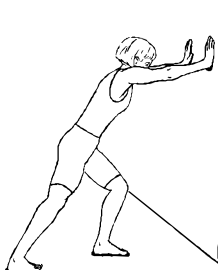


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LOWER LEG - Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30-60 seconds. Repeat with other leg.



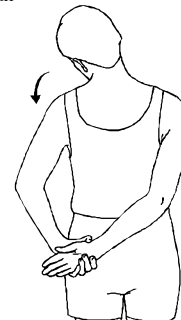
UPPER LEG - Quadriceps

With left hand grasping right leg, gently pull heel toward buttocks until stretch is felt. Hold 30-60 seconds. Repeat with other heel.



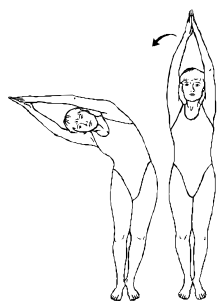
SHOULDERS - 1 Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold 30-60 seconds. Repeat with other side.



HIP OBLIQUE - Abductors

From starting position, bend the body to the side as far as possible until stretch is felt. Hold 30-60 seconds. Repeat to other side.



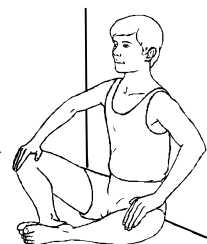
HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold 30-60 seconds. Repeat to other side, with right leg over left.



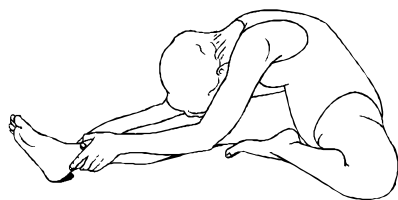
GROIN - Thigh Adductors

Sitting straight or with back against wall, gently push knees to floor until stretch is felt. Hold 30-60 seconds.



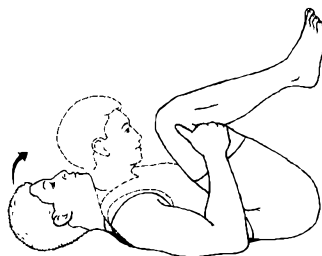
HAMSTRINGS - Head to Knee

With hands on ankle, pull head toward knee and hold 30-60 seconds. Repeat with other leg.



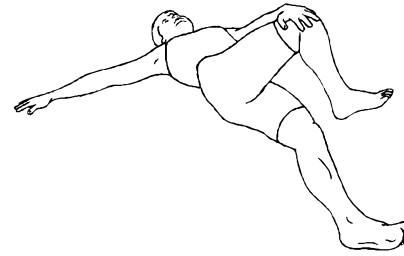
LOWER BACK - Extensors / Gluteal

Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold 30-60 seconds.



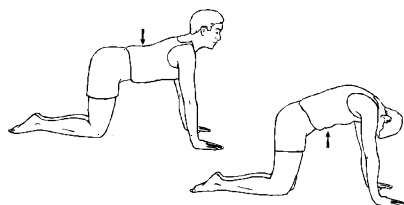
HIP OBLIQUE - External Rotators

Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30-60 seconds. Repeat with other leg.



LOWER BACK - Lumbar Extensors

From starting position, tuck chin and tighten stomach while arching back. Hold 3-5 seconds. Repeat 12 times.



UPPER BACK - Upper and Mid Extensors

Slide hands forward and buttocks back. Hold 30-60 seconds.



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